

Nutrition with Nina



Eight Steps to a Healthier Diet

Wednesday, March 7, 11:30 a.m.

Concerned about weight or heart disease, or just wanting to maximize your health? This presentation will help you identify relatively simple and gradual changes that add up to major improvements! Identify a step-by-step plan to help you meet your personal goals.

Nina, nutritionist with Giant, will be giving the talk.

(Stay for lunch after the discussion \$5.00 – reservations required)

Urbana Senior Center

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9020 Amelung Street, Urbana, MD 21704

(located on the lower level of the Urbana Regional Library)

FREDERICK COUNTY
Department
of Aging

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